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# metro

CALGARY • THURSDAY, FEBRUARY 12, 2009 metronews.ca

## Celebrity Buzz



**Prince Harry  
in trouble  
again for  
comments**

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## Vancouver Games

### Countdown to 2010

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## Valentine's Day

### Matters of the heart

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Day

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Tomorrow's Metro

• A selection of the  
worst love songs and  
Alan Cross reveals why  
some romantic ballads  
can misrepresent your  
true intentions

## Final sprint Vancouver Olympics in 365 days



From left, Whistler Mayor Ken Melamed, VANOC CEO John Furlong, Swatch CEO G.N. Hayek, IOC president Jacques Rogge, Omega president Stephen Urquhart, B.C. Premier Gordon Campbell, IOC co-ordination commission chair Rene Fasel and Federal Minister of State for Sport Gary Lunn pose by the Olympic Countdown Clock at the Whistler Sliding Centre to mark the one-year countdown to the start of 2010 Olympic Games in Vancouver and Whistler, B.C. Story, page 6.

# Gang crime targeted

Province outlines multi-pronged approach to cut violence

VICTORIA HANDSIDES  
Metro Canada

**Provincial officials are putting a hit out on rising gang crime.**

Promises made in the throne speech were echoed by officials yesterday, who elaborated on commitments to an impending proactive approach to gang culture and fleets of chop-shop armoured vehicles.

"We need to take a much broader perspective than just enforcement," solicitor general spokesman Andy Weiler said, detailing a new four-pronged approach of prevention, intervention, awareness and action.

**"The province needs to take responsibility for its own gang issue, and the vibrant demand for drugs, which is what's creating the growing violence in Alberta."**

Michael C. Chettleburgh, Canadian gang expert

A summit, to be held in late spring, will bring law enforcement officials together with community leaders focusing on proactive solutions.

Plans are in place to "tighten rules" around vehicle modification, like armour-plating, bullet-proof glass and surveillance cameras.

Canadian gang expert and author Michael C. Chettleburgh said he feels it's

time the province "put its money where its mouth is" when addressing the growing gang problem in Alberta, and focus on prevention and reintegration over prohibition.

"Virtually everything gangs are doing already is illegal anyway," Chettleburgh said. "I'm not sure what practical difference it will make."

Though bulletproofing and securing hiding spots in

vehicles is prohibited in Alberta already, Chettleburgh said officials are turning a blind eye to chop-shops that are likely fronted and operating within the province.

Infrastructure spokesman Jerry Bellika said it's believed vehicles are being armed outside the province.

"The province needs to take responsibility for its own gang issue, and the vibrant demand for drugs, which is what's creating the growing violence in Alberta," Chettleburgh said.

Amendments to the Gaming and Liquor Act to help bar owners combat gangs were eluded to in the speech, though details weren't released.

## Pro-life battle ironic: Group

JENNIFER HILLIKER  
for Metro Calgary

**RIGHTS** Joyce Arthur, national co-ordinator of the Abortion Rights Coalition of Canada, says it's ironic the Campus Pro-Life club at the University of Calgary is crying out that their basic human right for freedom of speech is being taken away, yet they want to take away a woman's fundamental right to control her body.

The U of C Students' Union made a decision Tuesday to de-sanction the club, taking away its club status and funding after trespassing charges were laid to the group. Members had refused a university request to turn graphic posters depicting genocide and unborn fetuses inward.

"The pro-choice view is more legitimate because it's democratic," Arthur said. "Their view is fundamentally anti-democratic and anti-human rights."

Laree Pickup, director of Alberta Pro-Life, said it's not fair the students were charged. Pickup said the students are very courageous and should be given accolades instead.

Dalmy Baez, president of the Students' Union, said the fact that the club got de-sanctioned has nothing to do with their pro-life stance.

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**Free film screening at Plaza**

Calgarians are invited to a special free screening of the film *The Diving Bell and the Butterfly* tonight at 6:30 p.m. at the Plaza Theatre hosted by the Alberta Heritage Foundation for Medical Research. The screening is part of the Science in Cinema program. After the film there will be a discussion.

METRO CALGARY

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# Local



## Showing off the skills

The talent of 16 of SAIT's photojournalism students will be shown off this month until Feb. 27. Their photographs are displayed in an exhibit at the SAIT library in the Heart Building. "The quality and storytelling in this year's showcase are outstanding," said Rand Ayres, dean of the School of Information and Communications Technologies.

METRO CALGARY

## Hell's Kitchen

8 Tonight



# Citytv

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### Restaurant open again after slayings

**CRIME** Owners of the restaurant where three men were slain on New Year's Day bravely reopened their doors yesterday.

They say they were very worried that customers wouldn't come back, but after a priest came in to bless Bolsa Vietnamese Restaurant and the surrounding area, they felt confident enough to get back to business.

"We had seven tables here today, and some were groups of four to six," said Dan Dang, wife of Viet Tran, the restaurant owner.

METRO CALGARY

## 2 koalas join Calgary Zoo

KRISTA SYLVESTER  
krista.sylvester@metronews.ca

**If their adoring fans at yesterday's debut appearance were any indication, Budaru and Mundoioe will be a popular attraction at the Calgary Zoo.**

The two male koala bears are on loan from the San Diego Zoo until September and will greet visitors in the Australian building.

"Budaru and Mundoioe are so cute and cuddly and they each have their own personality. They are wonderful ambassadors," Calgary zookeeper Barb Campbell said.

Campbell described four-year-old Budaru as a solitary type, who can be somewhat feisty and unpredictable. She says eight-year-old Mundoioe is a little more approachable and is easier to hold.

"Koala bears can be quite nasty. In Australia you wouldn't walk up to go and pick it up," she added.



Koala Mundoioe and keeper Barb Campbell meet with the public in the Australian building yesterday, as the Calgary Zoo opened its koala exhibit. Two koala ambassadors, Budaru and Mundoioe, arrived from San Diego and will be spending the next few days getting used to their new home.

The koala bears are a welcome addition for a zoo that has faced much controversy as of late, with the deaths of most of its stingrays most recently, but San Diego keeper Jennifer Moll said Calgary is a

the perfect temporary home.

"I know they are in perfect hands and we have absolutely no concern bringing our koalas to the Calgary Zoo," Moll said, adding Campbell partici-

pated in two weeks of training in San Diego.

"We have over 20 koalas in our zoo at home and we're happy to share ... Calgary is now the only zoo in Canada with koalas," Moll added.

### Arrest made in liquor store stabbing

KRISTA SYLVESTER  
krista.sylvester@metronews.ca

**HEROIC ACT** The nephew of a man stabbed during a robbery Tuesday night said the patron who intervened in the attack is a "life-saver."

Police have arrested a suspect who allegedly entered the Deeps Liquor Store off 32nd Avenue and 60th Street NE and, after a brief struggle, stabbed the owner, Sukjhit Hansi, before an unidentified "regular" hit the suspect over the head with a bottle.

"The man was a life-saver. I think it could have been a lot worse if he didn't step in," nephew Navdeep Singh told Metro, adding his uncle was recovering and ready to get back to work.

Jesse Douglas Nelson, 29, is facing with three counts of robbery in relation to three bank heists last month.

metronews.ca

WHAT'S ONLINE TODAY

**Videos** Calgary's WestJet explores options for growth at [metronews.ca/local](http://metronews.ca/local)

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metro

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Thursday, February 12, 2009

**4 local**

**Gas prices rise by almost a dime at many Calgary pumps**  
Industry expert Michael Ervin says this is because of U.S. refineries curbing production due to the economy, causing gas prices to swing up. **METRO CALGARY**



Business was back to normal early yesterday morning at the Real Canadian Superstore in Calgary after it was temporarily shut down the day before because of mice.

## Mice more common than people think

**ALICIA FOX**  
for Metro Calgary



**Those little squeakers rummaging for food might be embarrassing, but mice certainly aren't uncommon, and Alberta Health Services doesn't always get involved when there's a problem.**

"Sometimes it's very difficult to keep mice out of the building, especially in a place like the Superstore — they sell everything," Keith Petrie, owner of Cal-Rid Exterminator, said.

Petrie said mice will hang around where it's

warm, especially if there's an abundance of food, and said any food establishment needs ways to control pests.

"Most of the commercial buildings have a really good pest control program," he said, adding that problem places include pet stores, bio-food stores, and meat shops. "Mice will eat anything."

Bruce Conway with Alberta Health Services said health inspections are done on a complaint basis so if there are no complaints, they don't go in.

He said there's no way of speculating how many in-

festations go unreported, but it's incumbent upon the businesses to provide a safe consumer product.

"Suffice it to say that at this time of year especially, mice can get into cracks in walls and companies have to be vigilant," he said, adding that "one mouse is too many."

The Westwinds Real Canadian Superstore was shut down by Alberta Health Services Tuesday due to a mouse problem, but reopened yesterday after meeting conditions set out by health services, which included thoroughly sanitizing the store.

## More charges in deadly suite fire

**FATAL BLAZE** More charges have been laid against the owners of 515 - 33rd St. NW where a deadly fire ripped through the basement suite.

Yesterday afternoon, the Calgary Fire Department laid a total of five charges for three infringements, including two counts against the bars on the basement windows.

The fire killed three people in the house — Colleen Mantei, 23, Tiffany Cox, 19, and Jonathan St. Pierre, 19

— and landed another in hospital.

"Being safe is our own responsibility," Brad Lorne, deputy chief of community standards, said, adding Calgarians need to ensure smoke detectors are in good condition and everyone knows emergency procedures.

Each charge carries a maximum penalty of \$15,000 or six months jail time.

**ALICIA FOX/FOR METRO CALGARY**

## News in brief

**CHARGES** Calgary-based RCMP Const. Hoa La is facing charges of extortion, harassment, perjury and fraud over \$5,000, the agency announced yesterday. Hoa has been with the force for 12 years and has been under investigation since 2006, suspended with pay.

**COUNTDOWN** Today at 6 p.m., Alberta is going to get loud. The Vancouver Organizing Committee for the 2010 Olympic Games invite Albertans to honk their horns, blow whistles or ring church bells to celebrate the one-year countdown to the games.

**BLAZE** Investigators are continuing to look into a fire that destroyed two homes and caused damages of \$2.75 million in the community of Cranston early Tuesday morning. They say it was likely started by a construction heater and have sent it to a lab for further testing.

**METRO CALGARY**

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Canada's 1,000 federally appointed judges, who were seeking to push their remuneration to \$307,000 by 2011, were told yesterday they must live with salary restraints similar to other public servants. The base pay for most is currently about \$260,000, and the hike would have represented an 18 per cent increase. **TORSTAR NEWS SERVICE**

# Canada



## Lafleur to stand trial

A Montreal judge yesterday ordered hockey legend Guy Lafleur, left, to stand trial on charges of obstructing justice. Lafleur's lawyers tried to have the charges thrown out because police arrested Lafleur instead of issuing a simple summons, but the judge disagreed. The obstruction charges stem from conflicting testimony given by Lafleur at the September 2007 trial of his son, Mark. **METRO NEWS SERVICES**

# Tick, tock VANOC

## 365 days remain until 2010 Olympic Games

JEFF HODSON  
Metro Canada



### VANCOUVER 2010 Games

**The final year of preparations for the 2010 Games will be "10 fold" more challenging than any year before it, VANOC CEO John Furlong said last night at an event to mark the one-year countdown to the Games.**

About a hundred journalists gathered at the Whistler Sliding Centre last night to watch the Olympic countdown clock turn from 366 to 365 days remaining before the Games.

"Just think about it," said VANOC CEO John Furlong minutes after ringing a final-lap bell. "This time next year the Olympic flame will be metres away from the Olympic Stadium."

"The journey will be coming to an end and it will be

the most unbelievable, magical time in the history of our province."

Today, the actual one-year mark (the Olympics begin Feb. 12, 2010), celebrations will take place across B.C. and the country as VANOC has asked all Canadians

across every time zone to make noise at 6 p.m.

In Richmond, B.C., the province will mark the one-year

countdown with a celebration at the Richmond Olympic Oval. And in Vancouver, Grammy-winner Sarah McLachlan headlines a sold-out countdown concert beginning at the Queen Elizabeth Theatre. The world will also get its first glimpse of the Olympic torch and torchbearer uniforms during an unveiling ceremony in Whistler.

The final year, Furlong said, will be spent testing systems and programs and "perfecting the experience" that people will have at the Games. He said he's optimistic that the sports venues are completed — and are testing well with athletes — and that major infrastructure projects, like the Sea to Sky Highway, are nearing completion. One enormous challenge

that remains will be the training of tens of thousands of Olympic volunteers.

International Olympics Committee President Jacques Rogge, who toured all the Olympic sporting venues yesterday, said he was pleased with VANOC's progress.

"Everything bodes well for the future of the Games."

**"Everything bodes well for the future of the Games."**

Jacques Rogge, IOC president

## Next year of training will be 'intense': Olympian

KRISTEN THOMPSON  
Metro Canada



**TRAINING** The Olympics are likely on the minds of most people in Vancouver and Whistler today, but no one more so than the athletes hoping to compete.

Canadian ice dancer Shae Lynn Bourne, who skated in the '94, '98 and '02 Winter Games, said the only way to describe the countdown year for an athlete is "intense."

"It's such an adrenaline rush when it's a year before because you realize,

'Oh my gosh, my dream is just around the corner,'" Bourne told Metro yesterday.

Bourne said the training schedule and routine likely won't change in the coming year, but athletes will be more focused and driven.

## Vancouver Olympic campaign



Staff at Molson's Kitsilano, B.C., brewery celebrate the unveiling of the 2010 Mural Project yesterday. Tens of thousands of photos of Canadians will be added to the giant collage ahead of the Olympics. Any Canadian of legal drinking age can upload a personal photograph at [2010muralproject.ca](http://2010muralproject.ca).

### News in brief

**WEATHER** Despite an early season of icy ski hills and snow-covered streets, weather conditions in Vancouver and Whistler this week — one year before 2010 — are ideal for hosting the Games, according to a forecaster with Environment Canada. The Winter Olympics are held in mid-February because the weather — no matter the country — is usually benign, said John McIntyre, adding that if seasonal patterns hold, next February should be a good month for the Games.

**METRO CANADA**

## 2010 Olympic budget called into question

ANDREA WOO  
for Metro Canada



**COST** Vancouverites will pay an unforeseen price in the years following 2010's five-ring circus, a B.C. expert is warning.

Zuzana Fromm, an economics professor at British Columbia Institute of Technology, said it's possible the B.C. government will either raise taxes or cut

### History lesson

• Most Olympic cities carry hefty debts following the Games: It took Montreal 30 years to pay off its \$1.5-billion

spending from programs such as education or health care to pay for the Games' net cost.

"The money's got to come from somewhere if they're going to keep a bal-

anced budget and not increase the size of the provincial debt," said Fromm, who authored the 2006 report Economic Issues of Vancouver-Whistler 2010 Olympics.

Premier Gordon Campbell maintained that the province will stay within its \$600-million budget; however, B.C. auditor general Arn van Iersel said the total cost will hover around \$1.5 billion for the province and \$2.5 billion for all of Canada.

This figure is on top of VANOC's \$1.76-billion operating budget and includes items not in official Olympic estimates.

### News in brief

**VOLUNTEERS** A common thread among the more than 60,000 people who applied to be volunteers during the 2010 Games is pride, according to the former Olympic athlete interviewing them. Andy Van Ruyven, who competed in the 1976 Montreal Olympics, is helping to select 25,000 volunteers to work next year's Winter Games as well as the Paralympics. "There are a lot of other people who are new Canadians," he said.

**METRO CANADA**

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BEAUTY  
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The owner of Peanut Corp. of America, the company blamed for a salmonella outbreak that may have killed eight people, refused to answer questions before Congress yesterday, while internal company memos showed him complaining about loss of profits while the scare was investigated. **REUTERS**

# World



## It pays to quit smoking

A study of 878 General Electric workers at 85 different facilities around the United States found that people were three times more likely to stay off cigarettes for at least six months if they were rewarded up to \$750 US. Earlier studies suggested cash incentives did not work, but those tests had used rewards as low as \$10. **REUTERS**

## Israel faces gridlock after vote

**ELECTION** Israel headed for political gridlock yesterday with both sides declaring victory in an election.

Foreign Minister Tzipi Livni's centrist Kadima party won with 28 seats, but had little chance of building enough support for a coalition. Right-wing opposition leader Benjamin Netanyahu, with 27 seats, can get the backing of the majority rightists in parliament, but analysts said the likely alliance would prove dysfunctional.

President Shimon Peres must now decide whether to call on Livni or Netanyahu, who then has 42 days to form a government. An official election tally is due out by Feb. 18, after which Peres would have a week to make his nomination.

As the parties began negotiating possible pacts, Israeli media said it seemed Peres would have no choice but to tap Netanyahu if the majority rightists all back him.

It would be the first time in Israel's 60-year history that the winner of an election would be passed over.

Avigdor Lieberman's far-right Yisrael Beiteinu party and the conservative Shas met with both Livni and Netanyahu yesterday. **REUTERS**

## Stimulus finalized at \$789B

**U.S. congressional negotiators yesterday reached a deal on \$789 billion US in emergency spending and tax cuts, handing a big victory to U.S. President Barack Obama in his effort to pull the economy out of a steep tailspin.**

Negotiators in the House and Senate overcame an apparent last-minute snag on funding to help states plug growing budget deficits and money to renovate schools that Obama had sought.

### By the numbers

- About 36 per cent of the package is in tax cuts; the rest is in spending. Individuals will receive \$400; couples will receive \$800.
- A Republican senator said a \$54-billion fund will help states plug growing deficits and modernize schools.

The huge package is aimed at reversing a deep recession and news of the compromise sent U.S.

stock markets higher. A majority of negotiators approved the deal, possibly setting up votes in the House and Senate today, but the timing could slip.

Obama said in a statement the deal would help save or create millions of jobs and "provide immediate tax relief to families and businesses, while investing in priorities like health care, education, energy and infrastructure that will grow our economy once more." **REUTERS**

## Oklahoma Tornado aftermath



Dylan Franks, 2, plays amid tornado damage in Lone Grove, Okla., yesterday. A tornado killed eight people and injured 14 when it struck the small town Tuesday night. Up to 30 people were still missing, officials said. Local media are reporting the death toll could climb to 15. **REUTERS**

## Octuplets mom goes into hiding with 6 kids

**CONTROVERSY** California's octuplets mom, already jobless and receiving food stamps, has gone into hiding with her six older children, ages two to seven, because of death threats, her spokesman said yesterday.

Nadya Suleman, 33, has come under mounting public ridicule for expanding her already large family via fertility treatments that led to the Jan. 26 birth of six boys and two girls.

That criticism has mushroomed as it was reported

that she was divorced, living with her parents, unemployed for several years, receiving disability checks for three of her children — one of whom is autistic — and collecting nearly \$500 a month in food stamps.

Suleman's spokesman Michael Furtney said Suleman and the PR firm have been deluged with hostile phone calls and emails that "rail against her being ... a person who's taking advantage of the system." **REUTERS**

## China rejects rights suggestions

**RIGHTS** China rejected calls from Western and some Latin American countries yesterday to end the death penalty and to agree to enforce human rights, including allowing independent labour unions.

But it agreed to suggestions by Cuba that it ensure firm action against "self-styled human rights

defenders working against the Chinese state and people" and from Iran to reinforce censorship of the Internet to limit "defamation of religion."

China's stance on these and other issues emerged in United Nations Human Rights Council in Monday's discussions of Beijing's rights record. **REUTERS**

## U.S. labels group a Tiger affiliate

**SANCTION** The U.S. Treasury imposed sanctions yesterday on a Maryland foundation, accused of being part of a support network for the Tamil Tiger rebel group battling the Sri Lankan government.

The Tamil Foundation was a front for the Liberation Tigers of Tamil Eelam, the Treasury said. The sanctions allows the U.S. government to freeze assets and prohibits U.S. banks and consumers from conducting business deals with it. **REUTERS**

## Birds shift north on climate change

**STUDY** Climate change is pushing American birds northward, with some finches and chickadees moving hundreds of miles into Canada, an Audubon Society study reported yesterday.

Correlated with weather data, the society's scientists found that over a 40-year period and as weather grew warmer, 58 per cent of 305 widespread bird species found in the contiguous United States shifted significantly to the north. **REUTERS**

### News in brief

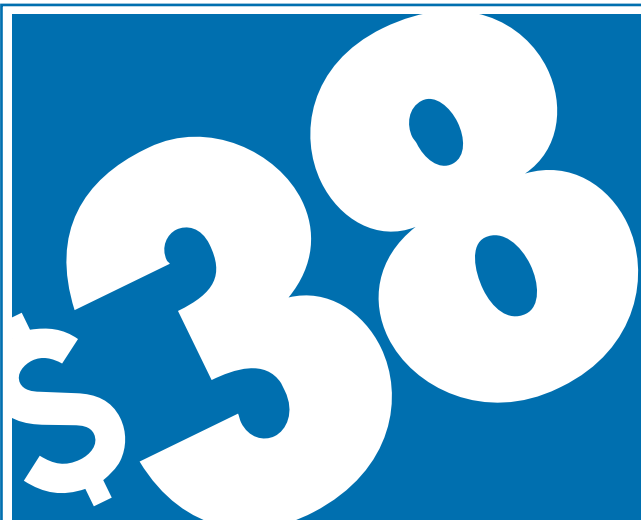
**STUDY** Illegal anti-impotence drugs, counterfeit drugs and herbs contaminated with the diabetes drug gly-buride have caused 150 cases of

dangerously low blood sugar, a study says.

**GIVEAWAY** Out of job or home? Diamonds Direct of St. Petersburg, Fla. is giving away

100 sterling silver pendants worth \$99 US each to anyone who comes into the store with a layoff or foreclosure notice.

**RUSSIA** Troops in Russia's North Caucasus region shot dead seven suspected rebels yesterday in a firefight after they resisted arrest. **REUTERS**



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# Comment & Views

## Comment

# The Afghan conundrum

## Home&Abroad

**Andrew Cohen**

Canada & world insight

For months, perhaps years, we have heard how the situation in Afghanistan is deteriorating.

The spread of corruption, the return of the Taliban, the ineptitude of the police, the mounting violence, as we saw again yesterday — all suggest a war that seems unwinnable in a country that seems ungovernable.

Last weekend, in Munich, representatives of NATO met to discuss the Afghan war, which has been going on since the fall

of 2001. It is an important annual meeting of the alliance, which traditionally draws a country's leading representatives.

The United States sent its vice-president, its secretary of state, and its newly appointed special envoy to the region, the much-travelled, highly esteemed former ambassador, Richard Holbrooke.

How bad are things? This is how Holbrooke put it: "Let's not kid ourselves: The task ahead of us is far, far more difficult than anything that has been said this morning. I have never, in my experience in the U.S. government that started in Vietnam, ever seen anything as difficult as the situation that confronts the countries involved in Afghanistan and Pakistan at this point. We've only scratched the surface."

Holbrooke noted, with

disdain, the members of NATO who pledge help and deliver none. In the distribution of foreign assistance, he lamented that he has "never remotely seen anything like the mess we've inherited." On the whole, he said, the challenge in Afghanistan is "tougher than Iraq."

(For these references, I am indebted to my colleague, Paul Wells of Maclean's, the only Canadian journalist to cover the conference. He has posted some of the proceedings on his blog).

What Holbrooke says is supported by Ahmed Rashid, the Pakistani journalist and author who has written widely on Afghanistan. In *Descent Into Chaos*, his examination of the failure of nation-building in Afghanistan, he says Iraq is a sideshow. Afghanistan is the home of

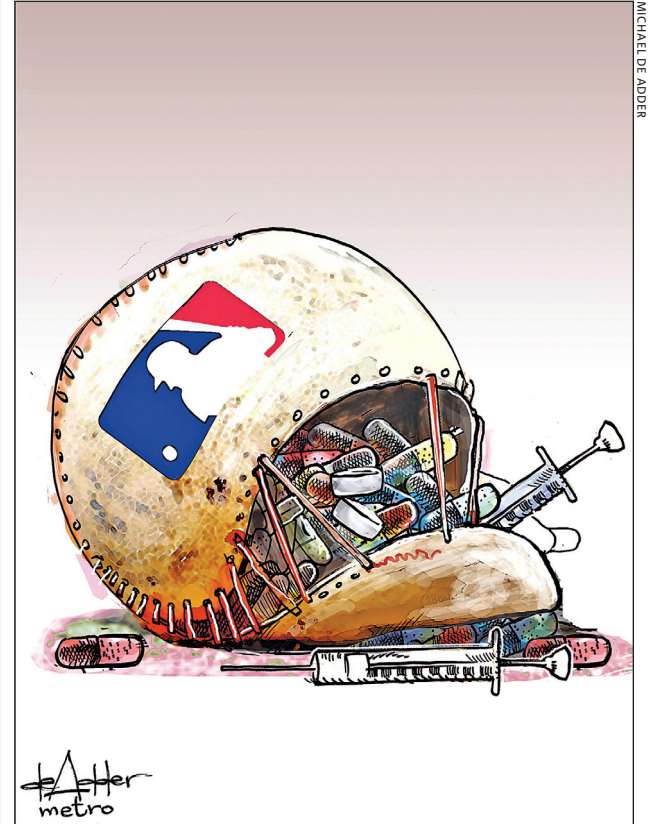
the Islamic insurgency, and we're losing — though he adds that it isn't too late.

And what about Canada, which plans to leave Afghanistan in 2011? Defence Minister Peter MacKay, Canada's lone representative at the conference, offered a few platitudes, but concluded, "the Alliance has achieved notable successes in Afghanistan."

He said, though, that "we still have a long way to go." It neatly sets up the critical question for Canada as the Americans, who are sending more troops to Afghanistan, ask us to reconsider our departure.

Will we note the successes, declare victory and leave? Or will we acknowledge the failures, fear defeat and stay?

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



MICHAEL DE ADOR

## Views

# Political games behind the 2010 Games

## The WestView

**Paul Sullivan**

Journalist & Media Consultant

The 2010 Winter Olympics are exactly one year away.

I suspect most Canadians greeted by that news will smile a little and start hoping we win lots of medals, or, if nothing else, gold in hockey.

The last time we hosted the Winter Olympics, in Calgary in 1988, we all had a good time, but Canada didn't win any gold medals. This time we look good for gold in skiing, snowboarding, hockey, skating, and maybe even a couple of sledging events.

So the excitement is starting to build across the country, fuelled by those cute little Royal Bank Olympic

torch and Petro-Canada commemorative glass tumbler ads.

Here in Vancouver, on the other hand, you'd think we were beset by the plague.

I've never seen or heard anything like it, although it's probably the same in every city awarded the dubious distinction of hosting an Olympics. The Games have become the scapegoat for every social activist, environmentalist, anarchist, conspiracy theorist, not to mention a vast array of uncategorized unhappy

## VANCOUVER

## 2010 Games

campers.

Now that there's one year to go, that's the signal to ramp up the wailing, the gnashing of teeth.

If you're an environmentalist, it's time to get even more uncivilly disobedient over the loss of arbutus groves and animal habitat to make way for improvements to the Sea to Sky Highway to Whistler.

If you're a taxpayer, it's your cue to get increasingly furious that no one really knows how much the Games will cost, but you know you'll get stuck with the bill. Right now, the

tee says they'll cost \$1.75 billion, but, of course, you'll choose to believe the critics who say the real cost is closer to \$6 billion or \$7 billion. Who has the real credibility, anyway? VANOC CEO John Furlong or some blogger?

If you're a social activist, it's time to kick some real butt. Why haven't these billions gone to provide shelter for the homeless, help the sick and feed the poor? Instead of spending \$1 billion on a stupid convention centre (when you already have one) just spend it on eliminating homelessness. Spray paint the Olympic countdown clock. That'll teach 'em.

Now, if only we can make it through the next 12 months. Let the pre-games games begin.

Do you agree or disagree? Email Paul Sullivan at [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca).

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.



Vancouver Olympic mascot Sumi

Vancouver Olympic Commit-

## Letters

### History is replete with atrocities masked by religion

Re: Atheist ads promote debate, understanding (Feb. 5)

It appears many readers are upset at the possibility of some lighthearted advertisements that suggest atheism has a right to exist. I support and encourage these ads.

One reader claimed a lack of religion as the reason for "murders and rapes." This despite the fact that only last year the Pope himself was compelled to apologize for centuries of church-shielded sexual abuse.

Murders? 9/11 was a religiously driven mass murder. History is replete with atrocities masked by the banner of religious expedience and countless innocent lives lost in the name of someone else's "one true path."

Another reader claims that, "in a time of war" it is distasteful to have such advertisements.

If your readers are acquiescing to a religious authority above our right to free thought, then perhaps they have more in common with the zealot Taliban. Our troops should be

honoured, but not by using their sacrifice to encourage a theocracy at home.

RICK KAULBARS, OTTAWA

### Money for ads could have been spent more wisely

Re: Atheist ads promote debate, understanding (Feb. 5)

In a time when people are losing their jobs, their homes and still have bills to pay, are these skeptics' bus ads really productive and necessary for the public to read?

What is the basis of promoting such ads? Is it to provoke others, to communicate a message or just to make trouble? Are these messages really positive?

In advertising, free speech does have limitations and a sense of responsibility. People just can't write whatever they like without public reaction and consequence, whether the ad is a public service or promoting a product or service.

I feel the money spent by skeptics to place ads is not spent constructively and is unnecessary when that money could have been better spent for charities, homeless shelters or towards a fallen economy.

LAURA GOMEZ, BRAMPTON, ONT.

It's your turn to tell others what you think. Email your thoughts and opinions to: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



Starbucks Corp. yesterday said it issued more than 1,000 pink slips related to its newest round of job cuts. The coffee chain in January said it would close 300 additional outlets and slash as many as 7,000 jobs as it cuts costs. **REUTERS**

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## WestJet earnings drop 46%

**RESULTS** WestJet Airlines Ltd., Canada's No. 2 carrier, said yesterday its fourth-quarter earnings fell 45.9 per cent due to the turmoil in the economy that has affected the entire airline industry, and warned that its first-quarter results may be weaker.

The company earned \$40.8 million, or 32 cents a share, in the quarter, which is down from \$75.4 million, or 57 cents, in the

fourth quarter of 2007.

While airlines have benefited from a plunge in fuel costs as oil prices fall, the weak economy is squeezing profits.

Sean Durfy, WestJet's chief executive, said in a statement that the company expects its revenue per available seat mile (RASM), a key profitability ratio, to fall in the first quarter of this year.

**REUTERS**

## RIM sees profit at lower end

**EARNINGS** BlackBerry maker Research In Motion yesterday forecast profit at the low end of expectations because businesses are not buying its latest smartphone upgrades in the economic downturn.

RIM's shares tumbled more than 15 per cent after the warning, which overshadowed an unexpected jump in BlackBerry subscriptions. The company, which competes with Apple Inc. and Nokia, said net subscriber account ad-

### New models

Flashy new smartphones such as the touch-screen Storm or high-end Bold were attracting new sales, the company said, but existing customers were not upgrading as frequently as expected.

ditions are running 20 per cent higher than the 2.9 million it forecast on Dec. 18.

**REUTERS**

# Canada posts trade deficit

Exports plunge 9.7% on energy products, industrial goods

**Canada unexpectedly posted its first trade deficit in almost 33 years in December on plunging exports and weakness in the crucial U.S. market, prompting analysts to predict the days of regular multibillion-dollar surpluses were over for the time being.**

Statistics Canada said yesterday that the December deficit was \$460 million, the first deficit since the \$79 million recorded in March 1976. Analysts had on average predicted a surplus of around \$800

**"It's predictable when we're in a worldwide downturn ... and some of our major purchasers ... are going through very difficult times."**

Stockwell Day

million after the \$1.16 billion surplus in November.

The figures demonstrate just how seriously the global crisis is hurting Canada, a leading commodity producer that relies heavily on trade with the United States. They also reflect the impact of lower energy prices.

Exports plunged by 9.7

per cent to \$35.30 billion – the fastest month-on-month decrease since the 14.2 per cent recorded in October 1982 – on the falling value of energy products and industrial goods.

Imports dropped by 5.7 per cent to \$35.76 billion on lower volumes of machinery, automotive prod-

ucts and industrial goods. Exports to the United States – which takes around 75 per cent of all Canada's exports – dropped by 10 per cent.

"It's predictable when we're in a worldwide downturn ... and some of our major purchasers – the United States, China – are going through very difficult times and therefore they're buying less," said Trade Minister Stockwell Day, while declining to predict whether Canada would now see a string of trade deficits. **REUTERS**

## Nova Scotia Seal hunt postponed



A Humane Society of the United States cameraman films a herd of Grey seals on Hay Island off the coast of Nova Scotia. East Coast sealers postponed the hunt for 2,200 seals on the island after failing to find a buyer for the pelts.

## BCE reports loss, expects 2009 gain

**TELECOM** BCE Inc., Canada's biggest telecom company, reported a fourth-quarter loss yesterday, reflecting restructuring charges and writedowns on investments, but said it expected earnings to increase more than five per cent in 2009.

BCE said it lost \$48 million, or six cents per share, in the quarter, compared with a year-earlier profit of \$2.35 million, or \$2.93 per share. **REUTERS**

### In brief

**GAS** Regulatory delays have worsened the odds that the \$16.2-billion Mackenzie gas pipeline in Canada's Far North will ever be built despite a promise of help from Ottawa, TransCanada Corp.'s chief executive said yesterday.

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**Walker, Whitt headed to Canadian Hall**

Larry Walker and Ernie Whitt lead this year's class of inductees for the Canadian Baseball Hall of Fame. Bernie Soulliere and the late Roy (Doc) Miller will also be inducted June 20 in St. Mary's Ont. **METRO NEWS SERVICES**

# Sports

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA



## Maybe this time it will take

Brett Favre told the New York Jets yesterday he was retiring after 18 seasons, ending a record-setting career in which he became one of the NFL's all-time greats. He or the team does not expect a change of heart. Last March, Favre announced his retirement from the Packers only to change his mind three months later and force a trade to the Jets.

**METRO NEWS SERVICES**

# Flames lose in OT

## One year: 10 to watch in '10

**LAURENCE HEINEN**  
for Metro Calgary

**THE SKINNY:** Scott Niedermayer scored his second goal of the game 55 seconds into the extra session to lead the Ducks to their second win in five days over the Flames.

**THE SAVIOUR:** Miikka Kiprusoff stopped 37 shots in regulation to help the Flames earn at least one point and was named the game's first star. Kipper made several highlight-reel saves including a pad stop on a close-in shot by Chris Kunitz late in the second period.

**FAITHFUL FANS:** The stands at the Honda Center in Anaheim were filled with lots of red and white jerseys as

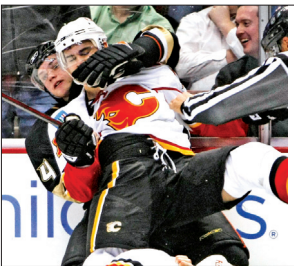
**NHL RESULT**  
**Ducks 3 Flames 2 (OT)**



hundreds of Flames fans made the trek to sunny California to take in the game.

**FAN REACTION:** "It's awesome," said faithful Calgary fan Shane Walker, 23, who cheered loudly when Todd Bertuzzi gave the Flames a 1-0 lead 2:55 into the opening frame. "I almost lost my voice."

**THE BIG HIT:** Dion Phaneuf flattened Anaheim forward Andrew Ebbett with a shoulder check just inside the Calgary



Anaheim Ducks Chris Kunitz and Chris Pronger battle with Calgary's Dion Phaneuf yesterday.

blue-line late in the second period.

**THE NEXT GAME:** The Flames continue their three-game road trip when they face the L.A. Kings at the Staples Center tonight (8:30 p.m., Sportsnet, Fan 960).

# Keenan deserves credit

When the Flames struggled through a middling 2007-08 season and lost to San Jose in the first round, I wrote that GM **Darryl Sutter** should fire coach **Mike Keenan**.

It was based on a number of reasons. With Keenan behind the bench, the Flames didn't show any improvement during the season (two fewer points than the Flames had under **Jim Playfair** the year before) and couldn't coach his troops to a higher standard in the playoffs.

It also bothered me that Keenan somehow brought out the worst in skilled forwards **Alex Tanguay** (a career point-per-game performer reduced to 18 goals and 58 points in 78 games) and **Kristian Huselius** (from 34 goals and 77 points in 2006-07 to 25 goals and 66 points.) They became passive, vacant sweater holders by the playoffs.

**TheHockeyNews**



**Brian Costello**  
thehockeynews.com

Presumably, they weren't Keenan-type players. That's fine if Keenan instead found other forms of secondary scoring. But he had no confidence in **Dustin Boyd** or **David Moss** and their development stagnated.

What's the point, I wrote, keeping Keenan and have him alienate more players?

I'm ready and willing to eat my words based on what I've seen this season. Sutter deserves a ton of credit bringing in **Mike Cammalleri**, **Todd Bertuzzi**, **Rene Bourque**, **Curtis Glen-cross** and **Mark Giordano**. But it's Keenan who's responsible for working them into ideally suited roles and

being wise enough to mix them up to create freshness and hunger.

Keenan has also reportedly mellowed in his handling of players to a certain extent, which will surely extend his shelf life as a coach. The growth and maturation of youngsters **Moss**, **Boyd**, **Eric Nystrom** and **Adam Pardy** can also be linked to Keenan being bold enough to issue faith and confidence before it was won.

I take back what I said about Keenan last spring. But I'd like to see more before I'm totally convinced.

I want to see how Keenan gets the Flames out of this February funk where they lost four straight games.

I want to see how he lights a fire under **Daymond Langkow** and how he'll overcome **Miikka Kiprusoff** being tired and over-worked by the post-season.

And I want to see Keenan out-coach his rivals in the playoffs.

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**VANCOUVER**  
**2010 Games**

**Alex Bilodeau, men's moguls**  
Jennifer Heil calls Bilodeau her "little brother," but this 21-year-old takes a backseat to no one.

**Patrick Chan, men's figure skating**  
The world championships next month in Los Angeles will be a big stepping stone for the 18-year-old Torontonian.

**Clara Hughes, long track speed skating**  
She's got two Olympic bronze medals in cycling from the 1996 Atlanta Games and a gold, silver and bronze in Olympic speed skating in '02 and '06.

**Tessa Virtue/Scott Moir, ice dancing**  
It's felt that they've got the goods to win the whole thing in 2010.

**TORSTAR NEWS SERVICE**

**Steve Omischl, men's aerials**  
He's won everything else in his sport: a world title, and three Crystal Globes as the overall World Cup freestyle aerials champion.

**Canada's hockey teams**  
The men will face their toughest opposition from Russia and Sweden. On the women's side, barring any big upsets it will be Canada vs. the U.S. for gold for the fourth straight Olympics.

**Canada's curling teams**  
Reigning world champion Jennifer Jones is the most likely representative on the women's side, while Glenn Howard and Kevin Martin will battle it out among the men.

**Jenn Heil, women's moguls**  
She put Canada on the board with Olympic gold on opening day in Turin in 2006.

**Kristina Groves, long track speed skating**  
With Cindy Klassen and Jeremy Wotherspoon both trying to come back from serious injury next year, Groves could be the team's star.

**Pierre Lueders, two-man bobsleigh**  
He's going to have hundreds more runs on the Olympic layout in Whistler than his competitors plus he finally has a decent budget for equipment.

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## Bombshell suit claims Alomar has AIDS

**Former Toronto Blue Jay Roberto Alomar is no stranger to the spotlight.**

But by any standards, allegations made by a former live-in girlfriend that Alomar has full-blown AIDS are shocking and sensational in the extreme.

Alomar is alleged in a lawsuit to have insisted on having unprotected sex, while claiming repeatedly that he was disease free, with ex-girlfriend Ilya Dall, 31. She makes the charges in a bombshell suit that was reported in the New York me-

dia yesterday. In papers filed in state and federal court in New York, Dall said Alomar, 41, was told repeatedly by doctors to get tested for HIV and finally did so January 2006.

Alomar has not commented on the suit but his lawyer,

Charles Bach, would not say whether Alomar is HIV-positive. "We believe this is a totally frivolous lawsuit," he told the New York Daily News.

"These allegations are baseless. He's healthy and would like to keep his health



Alomar

status private."

Alomar's father, Sandy, who is bench coach for the New York Mets, told the newspaper from his winter home in Puerto Rico:

"That's the first time we ever heard of that," adding that if his son was seriously ill, "I

imagine I would know."

Dall's relationship with Alomar began in 2002, according to the suit. Alomar retired in 2005. Around that time, the court papers allege, Alomar told Dall he "was raped by two men after playing a ball game in New Mexico or a southwestern state, when he was 17 years of age." **TORSTAR NEWS SERVICE**



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# Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



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## Sweetheart deals

Love is in the air, and nothing says love like the perfect gift to show you care on Valentine's Day. Though some may think of this day as a pseudo-holiday created only to spur commercial spending, the romantic heart likely begs to differ. Classic standbys like flowers and chocolate are always guaranteed to work, but some thought has to be given as to where you get them (stuff from the supermarket does not exactly res-

onate with romance). Accessories — better yet, personalized accessories — will always put you in the good book with your beloved. Then, of course, there are the more risqué items destined to heat up the Feb. 14 evening. Money can't buy you love, so here's a rundown of what can. Consider them today's aphrodisiacs.

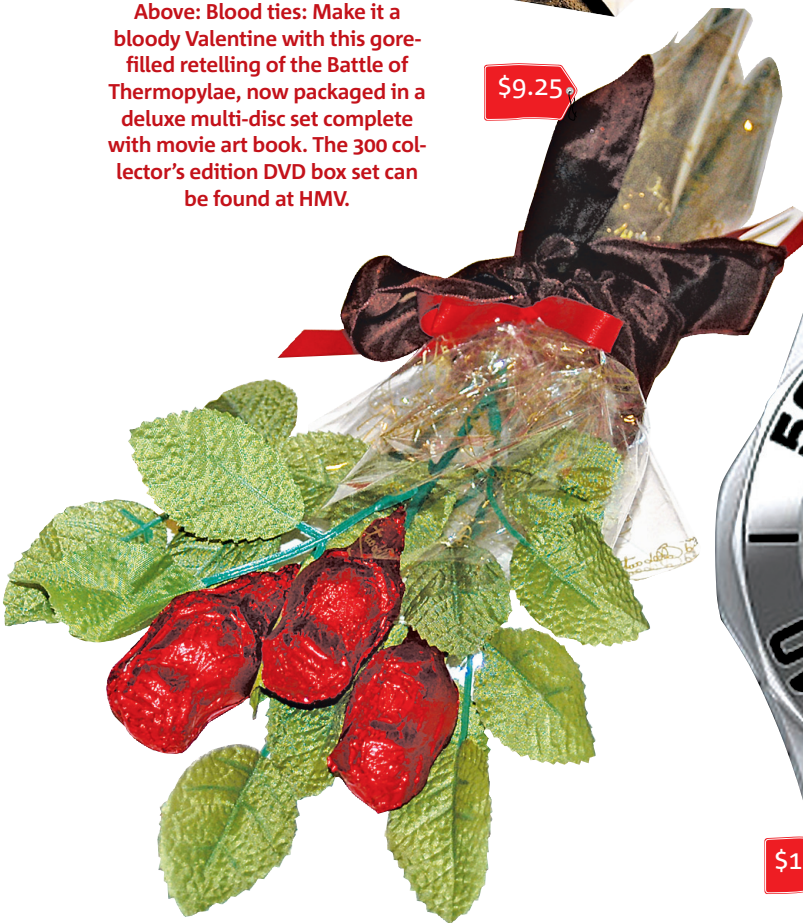
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PEPPER RODRIGUEZ  
EDITED BY METRO



\$49

Above: Blood ties: Make it a bloody Valentine with this gore-filled retelling of the Battle of Thermopylae, now packaged in a deluxe multi-disc set complete with movie art book. The 300 collector's edition DVD box set can be found at HMV.

\$9.25



Above: A rose by any other name: Have your rose and eat it, too, with a sweet treat from none other than the name synonymous with chocolate. This long-stemmed, chocolate-bud goodness from the world-renowned Calgary-based chocolaterie is perfect for the sweetheart with a sweet tooth. At Bernard Callebaut.

Right: Tag, you're it: A masculine piece of stainless steel bling featuring scratch-resistant sapphire crystal, the Tag Heuer Aquaracer men's watch will surely rock his world. At Birks.



\$225

Above: Off the cuff: Birks Impression Collection cufflinks are the ultimate power dressing accessory for men. Sterling silver cufflinks designed in celebration of Birks' 125th anniversary. At Birks.



\$49

Be her prints charming: Bring out the inner playmate in your partner with this sexy sheer, two-piece floral print slip. At La Senza.



\$1100



\$1950

Good as gold: You can't profess love better than with this 18-carat white-and-yellow gold Birks anniversary band ring set. Part of Birks' Petal Collection, the striking bands feature five rubies and six diamonds. At Birks.

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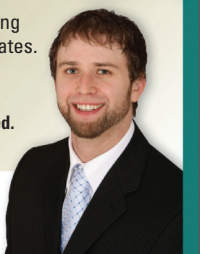
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# Food

Green & Black's Organic is the world's first organic chocolate brand. Visit [greenandblacks.com/us/recipes.html](http://greenandblacks.com/us/recipes.html) for recipes using their premium chocolate.

Metro News Services



## How to get it

Available at most major grocery retailers including Sobeys, Metro, Loblaws and Shoppers Drug Mart, the suggested retail price of Green & Black's Organic bars is \$3.89

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Love by any other name: Chocolate

## À la carte

**Barb Holland**

Metro Food Writer



Ah, Valentine's Day is quickly approaching and to moi, that means a bit of indulgence and, of course, chocolate.

The good news: Yes, there has been a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and mood-enhancing phytochemicals (women know the mood-enhancing part). Cocoa beans are rich in flavanols,



This recipe satisfies the chocolate craving but is lower in fat.

natural compounds with antioxidant properties found in red wine, purple grape juice, green tea, cinnamon and dark bittersweet chocolate (to name a few).

However, the more a cocoa bean is processed, the less of these potent flavanols are present. There is a lot of chocolate out there, but the best bang for the nutrition buck is dark chocolate

with at least 60 to 70 per cent cocoa.

The not-so-good news: It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

### Heart Healthier Fudgy Brownies

February is also Heart Month, so in that vein,

## Valentine's Day

here is a recipe that satisfies the chocolate-calling voice and is lower in fat and calories. Low fat unsweetened cocoa powder adds a depth of chocolate flavour and ripe banana provides moistness and texture with just a hint of banana flavour.

### INGREDIENTS:

- 1 oz (30 g) good quality bittersweet chocolate, chopped
- 2 tbsp (30 ml) butter
- 1 cup (250 ml) granulated sugar
- 1/2 cup (125 ml) mashed ripe banana (1 large banana)
- 1 egg
- 1 tsp (5 ml) vanilla

- 1/2 cup (125 ml) all-purpose flour
- 1/4 cup (60 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) salt

### METHOD:

Preheat oven to 350°F (180°C). Spray sides of an 8-inch (20 cm) square baking pan. Line bottom and two sides with parchment paper (to make a parchment paper sling for easy removal).

Combine chocolate and butter in medium glass bowl. Microwave at Medium for 1 minute or until butter is melted. Stir until chocolate is completely melted. Stir in sugar, then mashed banana until blended. Beat in egg and vanilla until smooth.

In a smaller bowl, combine flour, cocoa, baking powder and salt; stir into chocolate mixture until dry ingredients are completely moistened. Spread evenly in prepared pan. Bake 25 minutes or until toothpick inserted in centre comes out clean.

Cool pan on wire rack 10 minutes. Run spatula around edges, carefully lift parchment paper sling of brownies to wire rack to cool completely. Cut into 16 squares.

**Nutritional information per square:** Calories: 106; Fat: 2.8 g; Carbohydrate: 20 g; Protein: 1.25 g; Fibre: 1 g.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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**Chocoholic**

"What you see before you, my friend, is the result of a lifetime of chocolate."

A pound a day often." - Katharine Hepburn **METRO NEWS SERVICES**

**LiquidAssets**

**Peter Rockwell**

liquidassets@eastlink.ca

**Bubbly love**

Here's a question for all the guys out there. Are you ready for Valentine's Day? I'm betting most of you aren't. Since it's on a Saturday this year there's no excuse for you not to whip up a little brunch in bed for your sweetie accompanied by a glass of some liquid passion.

For me there's no sexier beverage than sparkling wine. The sad part is that bubbly has such an iconic association with New Year's Eve that it's hard for way too many of you to see it as anything other than a rare occasion sipper.

We should all be drinking them more often if for no reason other than they are super food friendly. Whether Beluga caviar, cheese-smothered nacho chips or a plate of eggs and hash browns; a sparkler's pairing potential is unlimited.

When it comes to romance in a glass nothing beats a fizzy rosé and the easy-drinking **Freixenet Cordon Rosado Brut** (\$12.95 - \$14.59) from Spain is an inexpensive charmer with a relaxed dry cherry flavour.

If you're all about the fruit Chile's **Fresita** (\$14.50 - \$18.55) is infused with the essence of real strawberries. It's a candied, red berry bomb that's wildly addictive and screams Happy Valentine's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Eat! Eat! a real treat

**LunchRush**

**Carla Ciccone**

**Eat! Eat!**  
1325 9 Ave S.E.  
403-532-1933

**Hours of operation:** Mon-Fri (7 a.m.-5 p.m.), Sat-Sun (8 a.m.-5 p.m.)

**Rating:** ⓈⓈⓈⓈ

**Price range:** \$\$

**Reservations:** No

**Client negotiations:** No

**Lunch w/co-workers:** Yes

**Social Lunch:** Yes

**Quick solo lunch:** Yes

**Time in:** 12:00 p.m.

**Ordered:** 12:10 p.m.

**Food arrived:** 12:19 p.m.

**Time out:** 12:45 p.m.

**Total time:** 45 minutes

**Low \$:** French Fries, \$3

**High \$:** Chili Con Carne, \$12

**Lunch menu:** Lunch specials everyday, one main menu

**Licensed:** Yes

Upon entering Inglewood lunch spot Eat! Eat!, a friendly, "Hello! Sit anywhere you'd like" from the waitress sets the tone for a cozy and down-to-earth meal.

Arriving at noon ensures I have beaten the lunch rush at this usually hopping joint. The inviting, bright yellow walls are decorated with artwork available for purchase by local artists, and add to the quirkiness of the place.

Perusing the menu is a treat: With breakfast options offered all day long, and many sandwiches, salads and daily soups to choose from, Eat! Eat! keeps things fresh, tasty and interesting. The lunch special on this particular day is a Monte Cristo with

**The Eat! Eat! staff add to its undeniable charm, and even as the eatery fills up to near-capacity, the attentiveness of the waitresses doesn't wane.**

choice of side, but having been here before, I opt for the always-pleasing lasagna.

The cheesy, saucy, meaty piece of lasagna, cooked to perfection in a mini casserole dish, is accompanied by a fresh side salad covered in maple balsamic dressing and a large piece of garlic toast — made mama-style with real garlic rubbed on the bread after toasting. At \$10, it's a steal.

All items on the menu are have that "comfort food" flavour, made with home-cooked care and goodness. You can choose your own cheese, from mozzarella to cheddar, for a grilled-to-perfection grilled cheese, and their oozy, baked French Onion soup is conjured up from scratch.

If there is room for dessert after lunch, try the home made, decadent apple pie with ice cream.

The coffee here is also great — always fresh and made using fair-trade organic beans. The Eat! Eat! staff add to its undeniable charm, and even as the eatery fills up to near-capacity, the attentiveness of the waitresses doesn't wane.

A great place to catch up with friends or to enjoy a solo meal, Eat! Eat!'s unpretentious vibe, friendly servers and consistently good comfort food make it the perfect lunch spot. Eat! Eat! is definitely a treat treat!

**try this out****Vanilla sets mood for Valentine's**

**AROMA** Studies have shown the scent of vanilla has a calming effect and helps reduce stress and anxiety — perfect to set the romantic mood this Valentine's Day for you and your partner.

**These tips come from Nielsen-Massey Vanillas,**

**purveyors of pure vanillas and fine flavours:**

- A few drops of pure vanilla extract on a hot light bulb will help scent the room
- A drop or two behind the ears as the perfect perfume
- Add a quarter teaspoon of vanilla to hot chocolate for a warm treat
- Sprinkle vanilla powder on brownies or chocolate cake.

**METRO NEWS SERVICES**

**Canadian Living recipe of the month****Turkey Meatball Soup****INGREDIENTS:**

- 3 cups (750 ml) sodium-reduced chicken broth
- 2 green onions, sliced
- 1 each rib celery and carrot, sliced
- 1/4 tsp (1 ml) each pepper and dried thyme
- 1 sweet red pepper, chopped
- 1 cup (250 ml) vermicelli egg noodles
- 1/2 cup (125 ml) frozen peas, thawed

**Turkey Meatballs:**

- 1 egg
- 1/4 cup (50 ml) grated onion
- 1/4 cup (50 ml) grated Parmesan cheese
- 2 tbsp (25 ml) minced fresh parsley
- 1/4 tsp (1 ml) each salt and pepper
- 1 lb (500 g) lean ground turkey or veal

**METHOD:**

**Meatballs:** In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 ml) into balls. Bake on greased baking sheet in 400°F (200°C) oven until digital



For more great recipes, visit [metronews.ca](http://metronews.ca).

thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 ml) water to boil. Add green onions, celery, carrot, pepper and

thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes.

Add peas and heat through.

## double dinner deal

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Nivea LipCare CareGloss & Shine, left, comes in red and pink. Available at major drug, pharmacy and mass merchandise stores across Canada for \$3.59 each. For more, go to [nivea.ca](http://nivea.ca). **METRO NEWS SERVICES**

# Valentine's Day

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, [STEPHANIE.BOMBA@METRONEWS.CA](mailto:STEPHANIE.BOMBA@METRONEWS.CA)

## All for love

Show them you love them  
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Visit: [walmart.ca](http://walmart.ca)  
10K diamond heart pendants in white gold (\$89.88 each), at Wal-Mart.

### #2 Capture his heart

At electronics retailers  
This Olympus FE-360 camera has 3x optical zoom and 8 megapixels (\$129).

### #3 Butter her up

Visit: [cakebeauty.com](http://cakebeauty.com)  
Sweet Cheeks Buttery Body Bubbles cinnamon-scented body wash (\$18).

### #4 A Rose for a rose

Visit: [thebodyshop.ca](http://thebodyshop.ca)  
Moroccan Rose Bath & Massage Oil (\$16). Features a fresh, dewy scent.

### #5 Make a splash

Visit: [lush.ca](http://lush.ca)  
Hello Sailor gift set includes sea salt shower scrub rub (\$12.95).

### #6 An apple a day

Visit: [fruits-passion.com](http://fruits-passion.com)  
Effervescent Hearts for the Bath, in Apple Illusion scent (\$6.50).

### #7 All about romance

Visit: [gapcanada.com](http://gapcanada.com)  
Heart-Stamped Boxers in soft cotton (\$18), available at Gap.

### #8 For the coffee lover

Visit: [hallmark.com](http://hallmark.com)  
My Guy mug (\$9.95), available at Hallmark Gold Crown stores.

### #9 Fun and games

Visit: [chapters.indigo.ca](http://chapters.indigo.ca)  
This Scrabble Heart Edition (\$19.99 SRP) is available at Chapters Indigo.

### #10 Happy times

Visit: [timex.ca](http://timex.ca)  
Timex Crystal Collection watch (\$120). At The Bay and Sears.

### #11 X-rated treat

Visit: [xratedfusion.com](http://xratedfusion.com)  
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# Style



## A fragrance that says it all

Send an intimate message to your sweetheart this Valentine's Day with Gapbody's unisex, proactive scent, The Lover (\$42). It is a velvety apricot-fused scent with shimmering mint leaf and sexy patchouli notes. The understated, elegant bottle comes inscribed with the fragrance's name and its meaning: "The Lover: 1. An individual who thrives on human connection. 2. A person who desires another. 3. Someone motivated by their heart. 4. One who is consumed with passion."

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONews.CA

# Paint the town red

## Valentine's Day

Besides it being one of spring's hottest emerging colours, throw on a little rouge in celebration of Valentine's Day.

METRO NEWS SERVICE



Red scoop-neck T-shirt, Smart Set, \$14.



Printed scarf, Old Navy, \$14.50.



Synthetic leather purse with heart lock and key charm, Aldo, \$45.



Red blouse, Le Chateau, \$69.95.



Trench coat, Smart Set, \$75.



BCBG red bow clutch, \$205.



Town Shoes label, patent leather \$125

Elsa Peretti lacquer bangle, Tiffany & Co., \$485,



## GlobalStyle

### Kenya Hunt

Read Kenya, exclusively at [metronews.ca/globalstyle](http://metronews.ca/globalstyle) and check out her blog at [kenyastyle.com](http://kenyastyle.com)

## First Lady inspires apparel industry

**CLOTHING SALES** With a penchant for off-the-rack American brands like Gap and J Crew, Michelle Obama could be a shot in the arm to a U.S. apparel industry desperate for excitement — and sales.

Fashion choices made by America's new First Lady, who likes a mix of designer pieces and more affordable brands, can translate directly into dollars for apparel retailers facing a wide-ranging slump in demand as Americans cut back on clothing purchases.

"This is a living, breathing example of a First Lady having a massive influence," said Mandi Norwood, a former Mademoiselle editor writing a book on Obama's style, which she defines as "a wonderful mix of elevated couture and regular mall fashion."

Industry watchers say Obama, 45, a former lawyer and mother of two girls, speaks to today's shopper who is practical, frugal and pressed for time — but still wants to look good.

REUTERS

# Accessorize with Siriano designs at Payless

JOSEPHINE LIM  
for Metro Canada



**The youngest Project Runway winner Christian Siriano is back, but this time he's trying his hand at designing shoes and purses instead of clothes.**

Siriano, the winner of season four, has signed a deal with Payless ShoeSource to design his first footwear and handbag collection. It will be unveiled at New York's fashion week this month and be available in stores across Canada this fall.

The deal covers multi-season collections, and price points are expected to be in the \$50 to \$70 range.

"I think it's great for me to partner with Payless because my clothes are a little higher end, but I realized I also have a younger fan base," says Siriano.

"I think all of them could shop at Payless and buy the shoes because they're designer and really similar to the originals we're design-

ing for the runway."

He joins other Payless designers and stylists such as Laura Poretzky, Lela Rose, Stacey Bendet and Patricia Field. All their

collections aim to feature the latest runway and red carpet styles.

"I think people are really careful with what they're spending their money on fashion-wise," says Siriano.

That's not to say he isn't confident in selling his collection.

"I think accessories and shoes people will always buy even in a tough economy," says Siriano. "If you have a fabulous dress, you need fabulous shoes to go with it."

As for what to expect in his fall collection, it's a reflection of women he loves to dress — someone who is powerful and strong. The collection entails rich colours, Egypt and the

desert, which is very different from his spring collection.

"I think inspiration comes from what I love inside. Then, I take it from something material like Egypt and the desert," says Siriano.

His collection uses a lot of snake-skin patented leather with chain elements, says Siriano. He says to expect really strong shoes and dramatic shapes for his bags.

"(The bags are) quite cool and not overly feminine," he says. "You can be any type of girl wearing them."

Since winning the show last year, he has moved on to build his label, Christian Siriano and has had the chance to dress stars like Vanessa Williams, Heidi Klum and Victoria Beckham.

Siriano also has a book coming out at the end of this year called *Fierce Style*,



Designer Christian Siriano, the winner of Project Runway season four, applies his high-end fashion sense to a new and affordable Payless collection that will debut at New York Fashion Week.

filled with fashion tips with a little autobiographical information.

As for the fashion industry and what's it's really like, Siriano says it's nothing like the show.

"It's hard to actually pick

up so much tangible knowledge because you're thrown into something and it's really not how it is in real life," he says. "Everything I made in Project Runway I've never ever made in my entire life."

GETTY IMAGE





Stay up to date on news and fashion with the HP Mini 1000 Vivienne Tam Edition digital clutch, \$799.99. Available at Best Buy. **KIM ELBO/FOR METRO CANADA**

# Don't forget the details this Valentine's Day

## Style File



### ask kim

**How often should I change my bras?**

Bras tend to stretch out over time. My tip is to buy a bra that fits perfectly when you hook it to the first of hook fasteners. As the bra stretches hook your bra fasteners to the second or third set of hooks so that the bra will become tighter. La Senza recommends that you replace your bras once every six to eight months and buy white, black and nude bras to interchange with different coloured outfits.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



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**Itsy Bitsy Hearts**  
Designer: Isabelle Dunlop  
Shop: Valley of the Dolls  
votdboutique.com



**Sweet Sleeves**  
Designer: Narcissist  
Shop: Narcissist  
Address: Various Locations  
narcissist.com



**Country Lace**  
Designer: Lily & Jae  
Price: bra \$40, panties \$36  
hotboxbc.com



**Naughty Dots**  
Designer: Third Floor Designs  
Price: bra \$48, panties \$38  
Shop: Third Floor Designs  
Address: n/a  
thirdfloordesigns.com



**Bedroom Mix Up**  
Designer: Freya  
Price: bra \$120, panties \$65  
Shop: Dianas Lingerie  
ferrisinternational.ca

## Dresses

Whether you're dating someone or single, love is in the air for everyone this week. Romance your way into his heart by wearing a flattering floral dress or subliminally get him in the mood with a dress adorned with sweet hearts. Brightly coloured abstract floral print dresses are a hot item in stores right now. If you're looking for that one special dress that no one else will have, check out Canadian designer Isabella Dunlop, she creates one-of-a-kind dresses with ornate stitching detail and various print linings.

## Underwear

If you're planning a romantic weekend don't forget the details. What you wear under the dress is just as important as the dress itself. Keep things simple and sweet and match your floral or heart dress with a floral or heart bra and undie set. If you're not into the girly frills of flowers and lace, then ease into something like boy shorts and subdued polka dot patterns.

**tip:** Had a passionate candle lit dinner that resulted in a little wax being spilt? Apply ice to the waxed area or place the garment in the freezer. Scrape off as much of the frozen wax as possible, then launder in the hottest water recommended for the fabric. (textileaffairs.com)

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## Cover girl

Michelle Obama is making history again — by becoming only the second first lady (the first was Hillary Clinton in 1998) to appear on the cover of Vogue magazine. Obama was photographed by Annie Leibovitz for the cover. [PEOPLE.COM](http://PEOPLE.COM)

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# Entertainment

EDITOR: DEAN LISK, [DEAN.LISK@METRONEWS.CA](mailto:DEAN.LISK@METRONEWS.CA)

## Most bankable

Will Smith has been named the most bankable star in Hollywood. The actor topped Forbes.com's Star Currency list, which ranks stars according to their financial power at the box office. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

# Lily Allen is irresistible

## Lily Allen

**Album:** It's Not Me, It's You

**Label:** Capitol/EMI

**Rating:** ●●●●½

### A POTTY-MOURED

singer with the voice of an innocent school-girl, it's hard not to find Lily Allen appealing. She opens her second album with the dance-grooved Everyone's At It, a surprising condemnation of our pharmaceutical culture. Isn't this the same girl who just last month said cocaine was "no problem?" But it's this conniving flightiness that is so irresistible, especially when she's taking a non-judgmental look at conspicuous consumption (The Fear), discoursing on god



(Him), or having a pleasant chat with the former president (F\*\*\* You). Lily also has some interesting ideas about sex, actually expecting to receive as much as she gives, both in quantity and quality. It's all right there with a synth-pop-country (yes, that's a banjo) flavour on Not Fair, even more so on the nasty Never Gonna Happen.

Graham Rockingham/for Metro Canada

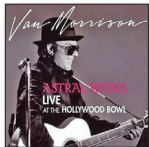
## Van Morrison

**Album:** Astral Weeks Live At The Hollywood Bowl

**Label:** Listen To The Lion/EMI

**Rating:** ●●●●

**VAN MORRISON'S MYSTIC** masterpiece, Astral Weeks, has long been



## MusicReviews

[music@metronews.ca](mailto:music@metronews.ca)

considered a musical landmark. Recorded in 1968, it's swirling vocals, improvisational themes and acoustic virtuosity broke acres of new ground. It was quite unlike anything that came before or after. So why then has Mr. Morrison released a live version? Not to make the lyrics any more clearer. Although his poetry is kindly documented in the liner notes, Morrison's mumble remains impenetrable. This live version is close, but no substitute. Which makes you wonder if Morrison released it more for business reasons, than artistic ones.

Graham Rockingham/for Metro Canada

## Dan Auerbach

**Album:** Keep It Hid

**Label:** Nonesuch Records

**Rating:** ●●●●½

### CHOP THE BLACK

Keys in half, and quiet ballads head-butt raucous, raw bluesy-rock. Keep It Hid frees singer-guitarist Dan Auerbach from his band's constraints, allowing for Raconteur-ish experiments with layered guitars, upright bass, keyboards, banjos and a crowd of friends and family. Some of the best moments in the album come through transitions between songs. The quiet acoustics of Trouble Weights a Ton contrasts with sludgy rockers like I Want Some More or The



It's Not Me, It's You, the second album from British pop star Lily Allen, was released this week.

Prowl, as Auerbach uses sequence to play with tempo and atmosphere. In one head-nodding progression, mellow burner Keep it Hid butts against the shuffling My Last Mistake before rocketing to When I Left the Room's psychedelia

and Street Walkin's Hendrix-influenced stomp. Mash-up!

Rob McMahon/for Metro Canada



Read additional reviews and listen to this week's reviewed music by following links at [metronews.ca/music](http://metronews.ca/music)

when love and life get tangled  
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Your bloody Valentine

Marine life to the IMAX

MattersofHeart



Steve Collins

A Valentine's Special

Here we go again. February 14 pitilessly approaches, gentlemen, and you have to think of something fast. I, of all people, have been assigned to help you. This may not end well.

The entire premise that the romantic onus is on you may seem sexist, but in my experience, women have very little to worry about on Valentine's Day, apart from how abjectly you're about to blow it. The ideal gift for most guys I know is the same thing every year. (Two hints: It costs nothing and fits perfectly).

For you, things are trickier. On Monday, my Metro colleague Anne Hines offered some perceptive if terrifying advice: "Begin with the gift. The gift is vital. But do not stress yourself thinking a gift has to be big or expensive. It just has to be perfect...To a

Valentine'sDay

woman, a gift says, "This is how I see you. This is how I feel about you in my deepest most truthful heart of hearts."

Yeah, thanks, Anne. That's a load off. Just find the flawless, enduring symbol of your souls entwined. In a store somewhere. By Saturday. Shall I compare thee to this heart-shaped pendant thou shalt never wear again?

Even if by some miracle or fluke you nail it this year with the perfect gift, the perfect day, the perfect words, what about next year? How are you going to top yourself?

The surest way of surviving Mandatory Romantic Gesture Day is being a little less of a schmuck to your beloved the other 364 days of the year, and hence having less to make up for with this annual Hail Mary. This does

you no good right now, of course, and for that I am truly sorry. You should probably stop wasting your ever-shortening time reading this.

Also, never underestimate the power of dumb luck. That was my way out, my only way. I found someone so perfect for me that, among her many thrilling virtues, she hates the pressure of these occasions, too, so we skip them. (This, I know, is no good to you either. You can't have her.)

Neither of us has ever broken down and unilaterally bought a surprise gift, thereby violating our mutual non-aggravation pact and upending our domestic nirvana. Even as our friends mock our lameness, we smugly congratulate each other on having beaten the system.

But she's got a birthday coming up, a big one. Here we go again.

PHIL BROWN  
for Metro Canada

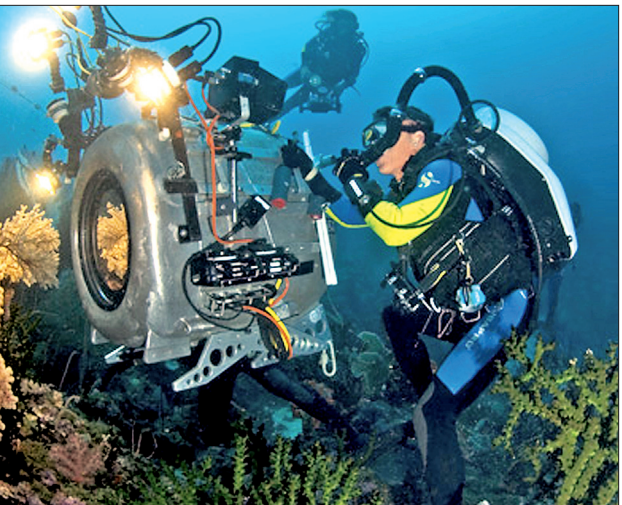


Under The Sea 3-D is the latest visually stunning documentary to grace IMAX screens. If you've never experienced one of the 3-D documentaries produced by IMAX, you're missing out on one of the most immersive cinematic experiences around.

Producer Toni Myers has been working in this unique format since it's humble origins, editing North Of Superior. "That was the very first IMAX film, made in 1970. I just thought it was utterly amazing and kept trying to work in the format," she said.

Quickly seduced by the possibilities of IMAX, Myers has indeed been working in the format in various capacities ever since. She served as a producer on Under The Sea 3-D and is quick to acknowledge the difficulties of shooting in IMAX.

According to Myers, the 3-D cameras her production team used for the film were "the size of a bar fridge and by the time you get it in the housing it



A scene from Under The Sea 3-D.


weighs 1,300 pounds."

The cameras had to be operated by two cameramen simultaneously and needed to be hoisted out of the water with a crane to reload film after only three minutes had been shot.


"If you think of those beautiful underwater landscape shots tracking towards a giant cuttlefish and consider that it's two guys pushing a 1,300-pound camera through the water, it's pretty amazing."

Dive teams of eight people were required just to operate the cameras, but the technical challenges were hardly the only difficult part of the shoot. Simply finding the underwater stars of the film was challenging enough.

"I think we had to travel something like 600 miles to a new location just to find the sea snakes we wanted because they're so depleted. We're not kidding when we say that they are all wallets, shoes, and hand baskets," says Myers.



THANK YOU!



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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/12/09	267	351	- ACCESS	Truth, Duty, Valour	Wife Swap (N)		Eleventh Hour (HDTV) (N)		(10:02) Private Practice (N)	Truth, Duty	
	243	317	3 CFCN	etalk	Hollywood	ER "The Family Man" (N)	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)	News (N)	
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)	Grey's Anatomy (N)	Practice	
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)	Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Unit (N)	Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News Hour
	246	-	8 CKAL	Law & Order: SVU	Hell's Kitchen		Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer	NW Profiles	Carnegie Hall	Poirot "Incredible Theft"		New Tricks		Soundstage (N)
	502	390	15 CBC	CBC News: The National	Living City: A Critical Guide		CBC News: The National		CBC News: The National		Living City:
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	The 40th NAACP Image Awards (HDTV)			
	297	652	37 WPIX	Supernatural (HDTV)	PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Paid Program
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	Westminster Kennel Club Dog Show		SportsCentre (HDTV) (Live)			NASCAR Racing: Sprint Cup -- Gatorade Duel		
	408	418	27 net	Best Damn Sports Show	Flames Conn	NHL Hockey Calgary Flames at Los Angeles Kings. (Live)					Sportsnet Con.
	410	403	30 SCORE	Basketball	NBA Basketball	Boston Celtics at Dallas Mavericks. (Live)			Score Tonight		Final Score
news	411	457	44 OLN	Mantracker	Dog the Bounty Hunter		Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	NASCAR Racing Sprint Cup -- Gatorade Duel at Daytona. (HDTV)					NASCAR Victory Lane (HDTV)		
	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	The Matrix *** (1999)
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	2009 Orange British Academy Film Awards			News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
sports	521	560	24 TLC	Street Customs (HDTV) (N)	Hel-Loggers (HDTV) (N)			Street Customs (HDTV)		Hel-Loggers (HDTV)	Overhauled
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge	Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)		The Beast (HDTV) (N)		The Beast (HDTV)		The First 48 (HDTV)	The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Grandma's Boy
	601	562	33 SLICE	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser	Trading Sp
	-	633	34 ENC2	Wedding Night	(7:25) Summer (2002, Comedy) Joe Cobden.			Moonstruck *** (1987, Romance-Comedy)		(10:40) Mask *** (1985)	
	520	505	35 DISC	Machines of Malice		MythBusters		Daily Planet		Deadliest Catch	Machines
	620	523	36 BRAVO	Metal: A Headbanger's Journey (2005)		Manitowapow		Law & Order		Without a Trace	Picture Claire
	294	650	40 WPCH	Friends	Friends	Domestic Disturbance (2001, Suspense)		Family Guy		Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park
family	-	539	42 TCM	(6) Dr. Jekyll and Mr. Hyde		Bell, Book and Candle ** (1958, Comedy), Kim Novak				The Man With the Golden Arm (1955)	
	628	584	43 SPIKE	TNA IMPACT! (HDTV) (N)				CSI: Crime Scene Invstgtn.		DEA Busting up a stash house.	Real Vice
	522	516	45 HIST	Deep Wreck Mysteries		NCIS "Hung Out to Dry"		Lost Worlds		Deep Wreck Mysteries	NCIS
	627	528	46 SPACE	Star Trek: Voyager		Zombieman		Stargate SG-1		Star Trek: Next Gener.	Trek: Voyager
	-	-	47 AMC	How to Marry a Millionaire		(8:15) An Officer and a Gentleman *** (1982, Drama) Richard Gere, Louis Gossett Jr..					Red Corner
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News
	526	507	92 VIVA	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Most Haunted
cable variety	269	350	93 APTN	Suaangan	Wapos Bay	By the Rapids	renegade press	Divine Secrets of the Ya-Ya Sisterhood ** (2002, Comedy-Drama)			
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahr
	571	581	100 MMM	AC/DC	Revival	Confessions of a Teen Idol		Listed		Party of Five "Naked"	Confessions
	570	580	101 MM	America's Best Dance Crew		Punk'd	Punk'd	Video on Trial	Video on Trial	Punk'd	Punk'd
	581	566	102 MTV	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live	After	Making the Band 4	Hedsor Hall

critics'corner

Metal: A Headbanger's Journey

Is it the devil's music? Does it drive impressionable teens to commit violent crimes and suicide? In this documentary, anthropologist and self-described metalhead Sam Dunn turns his camera on heavy metal and the people who make it to explore the myths surrounding this musical genre and its hold on fans. Alice Cooper and the guys from Black Sabbath, Twisted Sister and Rage Against the Machine are among those interviewed. 7 PM on BRAVO



30 Rock

It's not as if it falls on the same day every year or anything ...

. Not realizing it's going to be the ultimate lovers holiday, Liz (Tina Fey) insists she and Drew (John Hamm) have their first official date on Valentine's Day. Meanwhile, Jack (Alec Baldwin) prepares himself for an unconventional holiday at church with new girlfriend Elisa (guest star Salma Hayek). Then Kenneth (Jack McBrayer) tries to win the affections of a new staffer. 10:31 PM on CKAL KHQ



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## he's just *not* that into you

In Theatres February 6



Go to **metronews.ca** and take Metro's Sex & Relationship columnist Josey Vogels' quiz to find out which *he's just not that into you* character you are most like and you could **WIN!**

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Paris Hilton finally gets all the fuss about the movie *Twilight*. She recently saw the hit film and is now smitten with Robert Pattinson. "Now I understand all the hype. I just didn't get it before, but now it all makes sense," Hilton told E! News. **METRO NEWS SERVICES**

## Celebrity Buzz

### Courtney's moving to London

**RELOCATION** Courtney Love is moving to the U.K., *fem* alefirst.co.uk reports. The former Hole singer is growing tired of life in Los Angeles and is planning to buy a house in Britain for her and daughter Frances Bean, 16.

Courtney said: "Buckinghamshire is where I want to go. I read *Country Life* magazine every week. I'm fed up with Los Angeles. It's full of crazy people."



People criticize Britain but it's still a cleaner, safer place to live than Hollywood." However, Courtney, who's also looking at London properties, will only move if arch-rival Madonna remains in her native America, where she has been since splitting from director Guy Ritchie.

She added to Britain's *Daily Star* newspaper: "Madonna had better stay the hell away from London when I move here to live. There's no room for us both."

**METRO NEWS SERVICES**

### Harry's in hot water yet again

**BEHAVIOUR** After putting his foot in his mouth with comments about a Pakistani army officer, Prince Harry is now under fire again for another racially insensitive remark, having apparently told a comic, "You don't sound like a black chap," *people.com* reports.

Harry, allegedly attempting to be funny, delivered the line in November, when black comedian Stephen K. Amos performed at Prince Charles' 60th birth-



day party. Amos spoke about the incident this week on a U.K. chat show. At the time, recalled Amos, "I wanted to say, 'How is I supposed to sound?'"

Reaction to the exchange has been strong. "Many young people will be disgusted by his remark," said Naomi Byron, national secretary of Youth Against Racism in Europe, reports the U.K.'s *Daily Mirror*.

"But it is not just Prince Harry that is at fault. The aristocratic, rich circles he moves in obviously don't have a problem with this kind of racist stereotyping."

**METRO NEWS SERVICES**

### Rihanna cancels Jakarta concert

**FALLOUT** Rihanna's concert scheduled in Jakarta today has been cancelled, the show's tour promoter has announced — citing "an assault case involving Rihanna's boyfriend," singer Chris Brown, *people.com* is quoting published reports as saying.

Rihanna, 20, withdrew from performing at the Grammys on Sunday — the same day Brown, 19, was arrested and charged with making a criminal threat. He was subsequently released on \$50,000 US bail.

On Tuesday, her show in Malaysia was similarly canceled. The Jakarta cancellation marks the second time Rihanna has pulled out of a concert in the Indonesian capital. In November, the show didn't go on after the Australian government issued a travel warning in the wake of the executions of the three men convicted of the 2002 Bali bombings. *People.com* is also reporting that new details have emerged about the mid-

night altercation between Brown and Rihanna that led to Brown being booked on a felony criminal threat charge on Sunday.

"Chris knocked her around," a source close to the couple tells *People* magazine. "Black eye, blood, bruises. She had to be treated by a doctor."

The site also alleges a police source has confirmed to *People* the singer suffered a black eye as well as "a swollen split lip and two red and purple contusions on either side of her forehead."

The website continues by saying the source, who described police photos of Rihanna, added, "She looked distraught and in a lot of pain. Her eyes were closed because she was looking down." **METRO NEWS SERVICES**



### Rourke's new nickname: Half-Day Mickey

**ANTICS** Mickey Rourke's co-stars have nicknamed him Half Day Mickey, *fem* first.co.uk reports.

The actor has been working on new movie 13 but had to take so much time off to promote *The*



Wrestler that his cast-mates, including *Control* star Sam Riley, *By Mouth* actor Ray Winstone and rapper 50 Cent gave him the jokey moniker.

Sam revealed: "He was always jetting

back and forth so we called him Half Day Mickey. "He'd always p— off and do whatever it was he was meant to be doing somewhere else."

"I think he really feels lucky and he's just milking it for all its worth. And good on him."

**METRO NEWS SERVICES**

### Surgery prep procedure leaves Usher's wife in grave condition

**ILLNESS** Usher's wife reportedly suffered cardiac and respiratory arrest during a liposuction operation, *fem* alefirst.co.uk is reporting.

Tameka Foster was due to undergo the cosmetic sur-

gery at Sirio-Libanes Hospital in Sao Paulo, Brazil, last Friday but fell seriously ill when she was being anesthetized for the procedure.

She was then induced into a coma for 24 hours, and

is now said to be recovering, the gossip website alleges. A spokesman for the hospital refused to comment on the allegations published by Brazilian news website G1, saying:

"The family has demanded total privacy. The hospital is barred from giving any information."

Usher cancelled concerts in the U.S. and rushed to his wife's side as soon as

she fell ill. **METRO NEWS SERVICES**



### Josh Groban says he's 'perpetually single'

**DATING** Fans may swoon over his soulful singing, but Josh Groban is still unattached, *intouchweekly.com* reports. "I seem to be perpetually single," the baritone bachelorette said at a recent MusiCares Tribute. **METRO NEWS SERVICES**



### Dane stays mum on co-star rumours

**DEPARTURES** With rumours swirling that Katherine Heigl and T.R. Knight are leaving *Grey's Anatomy*, Ellen DeGeneres tried to get answers out of co-star Eric Dane when he stopped by her show. But Dane remained mum. **METRO NEWS SERVICES**



### Jessica's 'so happy' with new curves

**IMAGES** During Jessica Simpson's first live TV appearance since her much-scrutinized weight gain, *us* magazine.com reports, the singer said of her new curves: "Honestly, I am right where I'm supposed to be. I am so happy."

**METRO NEWS SERVICES**



### Clooney said to be dating Bhutto niece

**ROMANCE** Actor George Clooney is reportedly smitten with Fatima Bhutto, 26, the niece of slain Pakistani leader Benazir Bhutto. The two met at an international conference last year, according to the *National Enquirer*. **METRO NEWS SERVICES**



If Romeo and Juliet ended after act one everybody would be much better off.

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**Today**  
Mostly cloudy  
-8 °C / -13 °C

**Friday**  
Mostly cloudy  
-11 °C / -16 °C

**Saturday**  
Mostly cloudy  
-13 °C / -19 °C



**Andrew Schultz, Weather Specialist – Breakfast Television**  
“I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”  
**WEEKDAYS AT 6 AM**

Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22			23					24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
			40				41			42	43	44
45	46				47	48			49			
50					51				52			
53					54				55			

Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5				1				8
	1				9	3	5	
	6			2	7			
	3					5		
1		5				2		4
		7					6	
					6	8		2
	2	3	1				4	
9					4			5

Crossword across

- 1 Seed covering  
5 Shrill bark  
8 State with conviction  
12 Conflagration  
13 Leading lady  
14 Bygone VHS alternative  
15 Oriental nursemaid  
16 Scratch  
17 St. Louis landmark  
18 Call a spade a shovel?  
20 Price  
22 Woman of letters?  
26 Horsey laugh  
29 The whole enchilada  
30 Gear tooth  
31 Benedict XIV, e.g.  
32 Expert
- 33 Enthusiastic  
34 Tackle the comestibles  
35 “Whadja say?”  
36 Wise lawgiver  
37 Staff-meeting prop, often  
40 Options list  
41 Render defenseless  
45 Leno’s prominence  
47 Pi follower  
49 Otherwise  
50 TV clown  
51 Pinch  
52 Exploding star  
53 Crystal gazer  
54 Collection  
55 Agcy.

Crossword down

- 1 Somewhere out there  
2 Frost  
3 Persia, now  
4 English Channel port  
5 Mocha’s country  
6 Actress Gardner  
7 Fabric used for sheets  
8 Disconcert  
9 Upright  
10 List-ending abbr.  
11 “Go, team!”  
19 Wrestling surface  
21 Pussycat’s partner  
23 Topped chip  
24 Not “for here”  
25 Big Apple cardinal
- 26 Jet forth  
27 Ancient mariner?  
28 Make as good as possible  
32 Moderate brown shades  
33 Unexpected blessing  
35 Coop denizen  
36 — Lanka  
38 Choir member  
39 Take as one’s own  
42 Burn soother  
43 Answer an invite  
44 Vegan’s no-no  
45 Couric’s employer  
46 Weeding tool  
48 Waste not a moment

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

	O	F	F		S	O	P					
E	P	E	E		U	P	P	E	R			
T	R	I	E	D	N	U	T	R	I	A		
W	I	N	D	O	W	D	R	E	S	S	E	R
O	N	E		R	O	U	N	D		I	R	E
			R	A	R	E						
	B	R	I	S	K		B	I	N	G	E	
S	E	E	M		T	O	N	E				
A	R	M		T	R	A	M	S		L	O	B
W	E	A	T	H	E	R	B	U	R	E	A	U
T	I	E	R	E	D		R	A	T	T	Y	
	N	E	E	D	Y		E	G	O	S		
	D	E	Y			D	E	N				

5	9	2	4	8	7	1	3	6
8	3	6	5	2	1	9	4	7
7	1	4	6	3	9	8	5	2
3	5	1	8	4	2	7	6	9
2	7	8	9	5	6	3	1	4
6	4	9	7	1	3	5	2	8
9	6	3	2	7	5	4	8	1
1	8	7	3	6	4	2	9	5
4	2	5	1	9	8	6	7	3

Find today’s answers + play more games at metronews.ca

<b>SUDOKU SOLVE TIME:</b>	17-21 min .....	Smart
Under 13 min .....	Genius	
13-17 min .....	Scholar	
	21-25 min .....	Not bad
	25+ min .....	Keep practising

Metro Recipe of the Day



Sizzling Beef Fajitas

**INGREDIENTS:**  
1/4 cup (50 ml) fresh lime juice  
1 tsp (5 ml) chili powder  
3/4 tsp (4 ml) oregano  
3/4 tsp (4 ml) ground coriander  
1/4 tsp (1 ml) black pepper  
12 oz (375 g) well-trimmed beef sirloin  
2 large onions, thickly sliced  
2 large red peppers, cut lengthwise into flat panels  
1/4 cup (50 ml) minced cilantro  
4 flour tortillas, about 7 in. (18 cm) each  
4 cups (1 l) shredded romaine lettuce  
1/4 cup (50 ml) sour cream  
**METHOD:**  
1. Combine lime juice, chili powder, oregano, coriander and black pepper in medium bowl.  
2. Place beef in shallow bowl and spoon 2 tbsp lime mixture on top; turn to coat both sides. Let stand while broiling vegetables.  
3. Preheat broiler. Spray broiler pan with non-stick

cooking spray. Place onions and pepper pieces, skin-side up, on broiler pan. Broil 4 in. (10 cm) from heat until peppers are charred and onions are golden brown, 10 minutes. Remove, and when cool enough to handle, peel pepper and thickly slice. Add peppers and onions to lime juice mixture in bowl. Add cilantro and toss.  
4. Broil beef to medium, 8 minutes, turning once. Let stand 5 minutes, then thinly slice. Broil tortillas until lightly browned, 15 seconds per side.  
5. Place beef, peppers, onions, lettuce, sour cream and tortillas in serving containers. Let each person fill his or her own tortilla.

SERVES 4

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

**ARIES**  
**MARCH 21-APRIL 20**

Use humour with a new admirer. A puzzling professional will create an amusing invention. Tread softly around an ailing person.

**TAURUS**  
**APRIL 21-MAY 21**

Protect yourself when dealing with legal issues. Don't push your ideals in a war between rookies. A person makes an insensitive comment.

**GEMINI**  
**MAY 22-JUNE 21**

You must be patient with unreliable people. It's not a good time to make light of serious problems. A comical grumbler will set a date with you.

**CANCER**  
**JUNE 22-JULY 22**

Guidance comes to you in unusual ways. Don't announce your intentions to strangers. Make sure that that your reality check doesn't bounce.

**LEO**  
**JULY 23-AUG 23**

Avoid snooping and being too serious. An irritated friend is especially sensitive to teasing today. Something that happens will astound you.

**VIRGO**  
**AUG 24-SEPT 22**

You'll get a surprise if you forgot something. Don't be unnerved by a strange event. Frustration with obsolete rules won't be eased by fighting.

**LIBRA**  
**SEPT 23-OCT 23**

Someone's admiration gives you some pleasure. You need to think about what went wrong. Relationship decisions perplex you and cause delays.

**SCORPIO**  
**OCT 24-NOV 22**

A blissful guy makes you a tantalizing offer. A funny girl gives you a helping hand. A man has something valuable to share.

**SAGITTARIUS**  
**NOV 23-DEC 21**

Independence is more important when procedures change. Don't delay fixing damaged equipment. Unexpected events keep you hopping.

**CAPRICORN**  
**DEC 22-JAN 20**

Today's miserable moments will soon be forgotten. Kindred spirits will meet your challenges. You'll be enthusiastic when amazing things unfold.

**WORDY GURDY®**  
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Fireplace wood monopolizer (1)  
2. House-in-the-woods yakkin' (2)  
3. Union-Rebels conflict task (1)  
4. Rescues 1860's plantation workers (1)  
5. President Abe flutterin' his eyelids (2)  
6. Assassin John Wilkes's verified facts (1)  
7. Withdrawal-from-the-Union economic downturn (3)

ANSWERS  
1. LOG HOG 2. CABIN GABRIN 3. WAR CHORE 4. SAVES SLAVES  
5. LINCOLN BLINKIN 6. BOOTH'S TRUTHS 7. SECESSION RECESSION  
2-12-09

This day in history

- FEB. 12, 1870: Women gain the right to vote in Utah Territory.
- FEB. 12, 1909: The National Association for the Advancement of Colored People (NAACP) is founded.
- FEB. 12, 1934: The Austrian Civil War begins.
- FEB. 12, 1990: Carmen Lawrence becomes the first female Premier in Australian History when she becomes premier of Western Australia.
- FEB. 12, 1999: President Bill Clinton is acquitted by the United States Senate in his impeachment trial.
- FEB. 12, 2000: Charles Schultz's famous comic strip Peanuts prints its last comic.

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